

# Supporting An Anxious Child



For parents, teachers and carers of children aged 4-11

What They Will Learn

## Parenting An Anxious Child

Empower you to recognise and focus on the helpful sides of anxiety.

## Parenting Positively

Learn how to respond more positively when your child is experiencing anxiety.

## Changing Anxiety

Learn how to use key CBT skills to help your child make changes which reduce their anxiety.

## Problem Solving

Learn when to address your child's worries with effective problem solving.

## Changing Thoughts

Promote the use of cognitive restructuring strategies to challenge worries and create more balanced thinking.

## Facing Fears

Facilitate recognition of the importance of children facing their fears, rather than avoiding them.

## Creating A Plan

Supporting you in ongoing anxiety management planning.

## Going Forward

Enhance understanding of the importance of self-esteem and resilience in staying healthy.



### To find out more:

Speak to the Mental Health Lead in school and **ask for SilverCloud support**

**or visit**

<https://openmindscamhs.org.uk/silvercloud/>



**SilverCloud is a digital form of mental health support that is recommended by NICE-National Institute for Health and Care Excellence**